

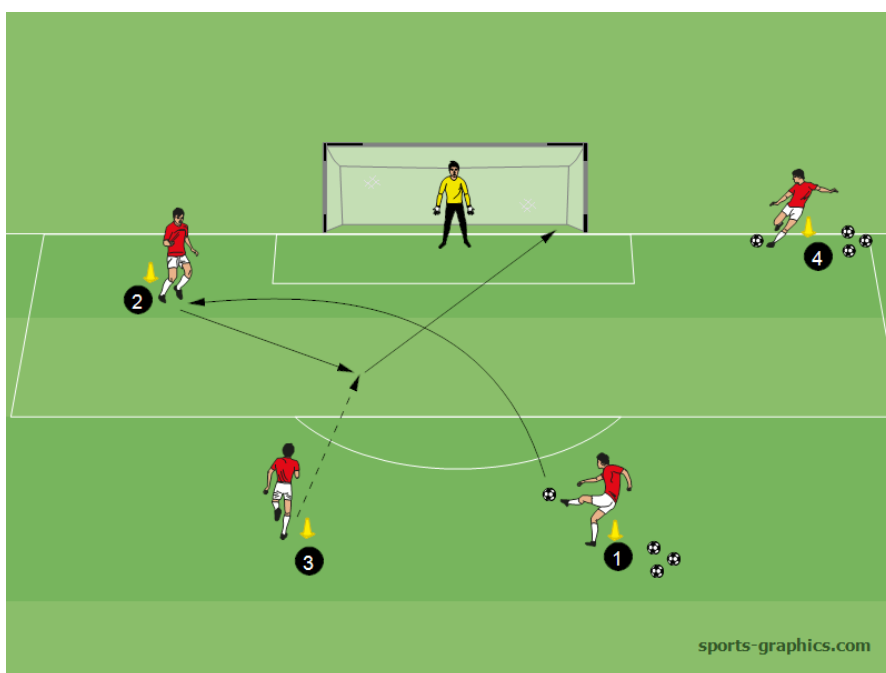
TWO COMBINATIONS TO SCORE

To improve combination play, good decision making and understanding general attacking principles

TECHNICAL

Passing

Combination Play



Line 2.

Set up a playing area in and around the 18-yard box. Arrange players into four even lines with a goalkeeper in goal. Players in Line 1 and 4 need a ball each.

The first player from Line 1 plays a long aerial ball into Line 2. The Line 2 player receives and plays the ball into the path of the player from Line 3. This should be a first-time ball if possible into the path of Player 3 who needs to have timed their run to maintain game realism. The player running onto the ball attempts to score. As soon as the player has scored or the ball has gone dead, the player from Line 4 will play an aerial ball into the box for all three players to attack. Repeat.

Players from Line 1 go to Line 3, players from Line 2 go to Line 1, players from Line 3 go to Line 4 and players from Line 4 go to

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Correct passing technique.
- Correct technique to receive.
- Develop lofted passing.
- Improve the quality of passing and pass selection.
- Movement and combination play to create space.
- To be comfortable in receiving the ball.
- To develop more fluent and quicker passing.

KEY FACTORS

- Communication
- Good first touch
- Head up
- Keep the ball moving into space
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique
- Support quickly

FOCUS AREAS

- Action on releasing pass to fellow attacker.
- Angles and distances of support.
- Assessment, decision and execution of strike at goal.
- Awareness of position in which player may receive ball.
- Combination play, using minimal touches.
- How to control the ball to gain an advantage.
- Keep the ball moving.
- Passing angles and distances.
- Play fast, confident passes.
- Switching play.

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